

Sun Moon & Star Spiritual Centre

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Tues – Sun 12 – 6pm

Newsletter

July – Nov 05

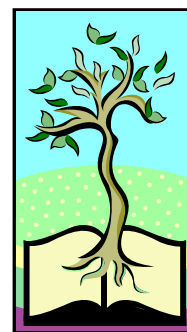
Greetings to one & all,

Isn't this a wonderful winter we are having? I just love the crisp clear days and the thundery rainy nights. The winter is a time for spending some time in quiet contemplation, reflection and just being generally more introspective. I hope you have been able to slow down enough to hear your inner voice and followed the natural urge to spend time alone in thought. Do not be fooled; not doing anything does not equate to not making progress!! Many wonderful gems of insight or stupendous creative ideas are begun in this silent and seemingly unproductive space. So curl up on the couch, light a candle and some incense and dream your dreams, explore your thoughts, ponder the what ifs and generally get lost inside yourself....



We have an updated **herb catalogue**. If you would like a copy- please call and ask. I obtain herbs from 9 different suppliers mostly in the eastern states. I always buy Australian grown if they are available however not all herbs are grown nor will grow in Australia. I try to stock organic or wild crafted in preference to what is described as "trade". Wild Crafted herbs are collected from unpolluted sources in the wild or from reserves. Trade herbs are grown with fertilizers and pesticides etc. Some herbs are grown in countries where they do not have organic registration processes yet. Many people ask for seeds to grow their own fresh herbs. If you were after seeds I would recommend Diggers. Also worth knowing is that some seeds are not available in Australia because they are classed as noxious weeds.

If you want to learn more about herbs you may be interested in joining the Herb Course with the amazing Dipaunka Macrides. The course will cover herbs for home use and include much practical work and a field trip to experience living herbs. For more info please call Dipaunka on 93356430



WWW We are still making progress with our website and hope to have it up and running soon, really we do!! The Chela page at www.primalvision.net is upto date so you can see what is happening there. I recommend you also have a look at Pete's site while you are there, he has lots of links to quality sites especially those to do with Shamanism.

STAFF UPDATE:

A warm welcome to **Cheryl**.

Cheryl is a Medium who forged her connection with those who have passed-over following the loss of three of her family in one year. She now wishes to be of help to others through her ability. Cheryl is softly spoken yet her messages are clear.

STUDIO UPDATE

I am sssllllllloooooooowllly getting the mural done!! The design is now set and soon I will be able to really get stuck into it. I am hoping to have it done for the birthday celebrations ☺ nothing like a deadline to get one motivated! The kitchen is coming along and we now have a fridge, workbench, 8 stools and stainless steel bench & rack to work with. Heaters are making a big difference and the phone box will be shifted soon. It is very satisfying to see it all coming together.

Sound Journey – for those who haven't yet tried one, a sound journey is a form of meditation.



You bring stuff to be comfortable lying down for about an hour eg yoga mat, sleeping bag, rugs, ugg and beanie!! Pete and I smudge the space, our instruments and all

of us. We talk you down into a relaxed state and then we play our instruments including Tibetan Singing Bowls and bells, Crystal Bowls, Hoop drums, drone flute, harp and others for about 40mins. When we finish we allow everyone to come back to the "here and now" in their own time. The silence after the sound is part of the journey. You may then leave or stay and share your experience over a cuppa. The dates for the next sound journeys are Aug 4th, Sept 1st & Sept 29th. There are also other journeys as part of the Chela program... check out the insert for more info.

Ishara is offering a **Sacred Play Group for Mums**. This is a child friendly forum for all you domestic goddesses. There will be lots of wonderful female oriented activities and discussion along with morning tea Check out the insert for more info

Dayle will be offering a **Friday meditation morning**, register your interest with the centre.

DIARY DATES:

SUNWYSE Mon 22nd Aug – 19th Sept. There are only 2 places left if anyone is interested

My next project is a course on the Elements – Earth, Air, Fire & Water. It will give cover history, characteristics, correspondences and take you on a meditation to meet each element and experience them for yourself. If this is of interest to you.... Give me a call



Sunday 28th August = Sun Moon & Star 8th BIRTHDAY

Drop in anytime from 12 for a piece of Birthday cake and a balloon ☺ We will be in celebration mode so there will be fun and laughs... come and check out the photo wall & remember the evolution of the centre.



8 is such a significant number... it brings prosperity, abundance and wealth... in all things. If you turn it 90degrees it becomes the symbol infinity and thus it represents the unending nature of existence. So my closing wish for all Sun Moon & Star family is a year of unending abundance in all areas – health, wealth, happiness and most of all.... Love.

Tamara

PS: Next Issue will be in November ☺